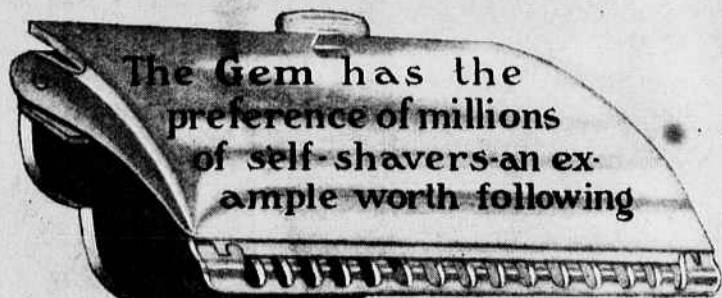


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Does Your Stomach Rule Your Brain or Does Your Brain Rule Your Stomach?

THREE months ago I wrote an editorial entitled "A Lesson from Luigi."

In it I told the story of Luigi Cornaro, an Italian nobleman of four hundred years ago.

At forty Luigi was given up by his physicians as a dead man. He fooled the doctors and lived to be 102. He took no medicine.

He simply cut down on his eating.

Since that editorial appeared I have received many hundreds of letters. I have learned that many men discovered Luigi's system years before me and have profited by it.

Among them Thomas A. Edison.

In an article in the *Ladies' Home Journal* some years ago Dr. Richard Cole Newton told in Edison's own words why Edison is never sick.

This is Edison's story:

Edison's great-grandfather discovered Luigi's book many years ago, and decided to order his life according to its precepts.

He died at the age of 103.

He had seven sons, one of them Edison's grandfather. All seven followed their father's example—and Luigi's—and lived to be more than 90.

Edison's father followed their wise lead and lived to be 94, "passing away"—like Luigi—"as one who falls into a sweet sleep."

"The body," says Mr. Edison, "is only a piece of machinery. Now, if you have a hundred horse-power engine and a boiler big enough to drive it, no wise engineer will fire that boiler to its full capacity when he only wishes to take eight horse-power work out of his engine. If he does this, he sooner or later burns the grate out of his fire-box. But that is just what the majority are doing: burning up a hundred horse-power of fuel in their bodies and taking out eight horse-power of work. Is it any wonder that the boiler flues—the arteries—get clogged up; that the pipes burst, causing apoplexy; and that the machine breaks down before its life is half lived out?"

If you are now 30, the chances are all against your living to be more than 55. See the mortality tables.

You ought to live to be 70 at least.

You can live to a ripe old age if you will begin now to select your food carefully and eat less.

Find out who sells the best foods; and what is the relative food value of each kind of food.

Then eat just enough so that you leave the table a little hungry.

Between meals put nothing in your stomach but five glasses of fresh cold water.

When you feel sick, stop eating altogether. Dogs are wise enough to know that rule; Indians know and follow it; Edison follows it; Luigi followed it.

Only civilized man is fool enough to stuff his system on Sunday, when he does less work, and on the days when he feels "under the weather."

The world is divided into two classes:

The men and women whose stomachs rule their brains, and the men and women whose brains rule their stomachs.

You eat twice as much as Edison; you work half as long; you require more sleep. Why?

Because his system is not clogged with useless food, and so requires only a few hours in which to recuperate.

There is no more dismal spectacle in the world than that of the business man who dawdles over a hotel table at noon, and yawns over his desk all the afternoon.

You can not, by eating less, become as great as Edison; you may not live as long. But you can positively lengthen your life, clear your brain, get along with less sleep, and feel more efficient every day.

This—I repeat—is the lesson from Luigi.

It is also the lesson from Edison.

Bruce Barton, Editor.

As a part of our service to readers, Dr. Edwin F. Bowers has written a little book entitled "Eating for Health and Efficiency." I will be glad to send you a copy. Send me 4 cents in stamps, at 95 Madison Avenue, New York.

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